

Diabetes Empowerment Education Program (DEEP)

Saint Agnes Medical Center and the California Health Collaborative invite you to take control of your diabetes!

**Tuesdays, March 24-April 28, 2020
5-7 p.m.**

Saint Agnes Care Center Northwest
4770 W. Herndon Ave., Fresno

Developed by the University of Illinois, Chicago, DEEP is a **FREE** licensed diabetes self-management education program that teaches diabetics how to control their disease and prevent its complications.

Join us to learn about:

- Diabetes risk factors
- Complications
- Nutrition
- Physical activity
- Use of glucose meter and medications
- Building partnership with a diabetes healthcare team
- Psychological effects of illness

The Diabetes Management workshop happens once a week for six weeks. Each session is two hours long.

Who should attend?

People with diabetes, people at high risk of developing diabetes, caregivers, family and friends.

To register, or for more information about upcoming class dates and times and to find out if this program is right for you, call **(559) 244-4544**.



California
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